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ABSTRACT

This resource booklet is designed to facilitate the teaching of personal development, an important part of an integrated program of outdoor pursuits, environmental education and personal and group development. Section I examines a history of the Alberta Environmental and Outdoor Education Course of Studies and course philosophy. Resources are provided for planning and organizing implementation of the program in schools. Topics discussed include tailoring the program; scope, sequence, quality, and balance; program balance; approaches to teaching; and management details. Section II outlines personal and group development goals, and presents activities for personal development. These activities pertain to journal keeping; interviewing; listening; setting realistic goals; speaking and conversation; reflection, solitude and solos; decision making; first-aid; and fine arts. (LZ)

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